

A T R U E S T O R Y

# IT NEVER CARED THAT I WAS A WOMAN.

So maybe I'm not your typical female. Along with my husband, I own a concrete company. I've poured concrete for more than 20 years. And I swim two miles a day. I was a vegetarian for many years and never even allowed sugar or butter in my house. **At least I'm healthy. Or so I thought.**

Nine months ago, I was diagnosed with colon cancer. I was stunned. **I thought colon cancer attacked middle-age, over weight guys who spend their lives on the couch! Not healthy people like me. And especially not women.**

There's not even any history of cancer in my family. How could this vicious disease attack me? I did everything I was supposed to. That's when I learned that while living a healthy life reduces your risk for colon cancer, there is never a guarantee. **And unfortunately, there are no early warning signs. The only way to detect colon cancer is with a screening.** I'm lucky. My cancer was caught before it spread. And my chances of surviving are very good. But now I live one day at a time and treasure each moment I have. Pouring cement has never seemed so good as it does now.

**Take it from a woman who thought she didn't have to worry about colon cancer: get checked. Don't put it off. It could save your life.**



**If you are 50 or older, get screened today.**

**Health Resource Line 1-888-222-2542**

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